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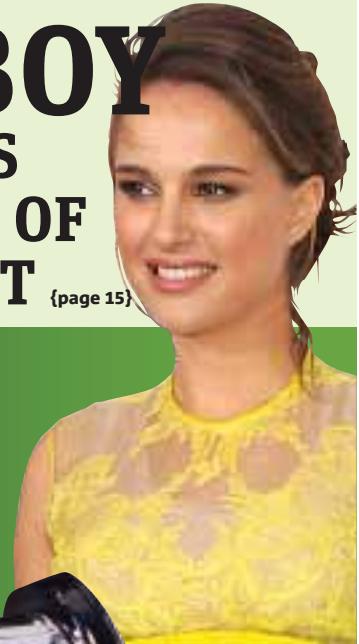


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ANOTHER SNAKE-OUT  
FOR SALE: FAMILY  
BUNGALOW BUILT ON  
A SNAKE DEN {page 6}



**IT'S A BOY  
PORTMAN SAYS  
SHE'LL BE OUT OF  
THE SPOTLIGHT** {page 15}



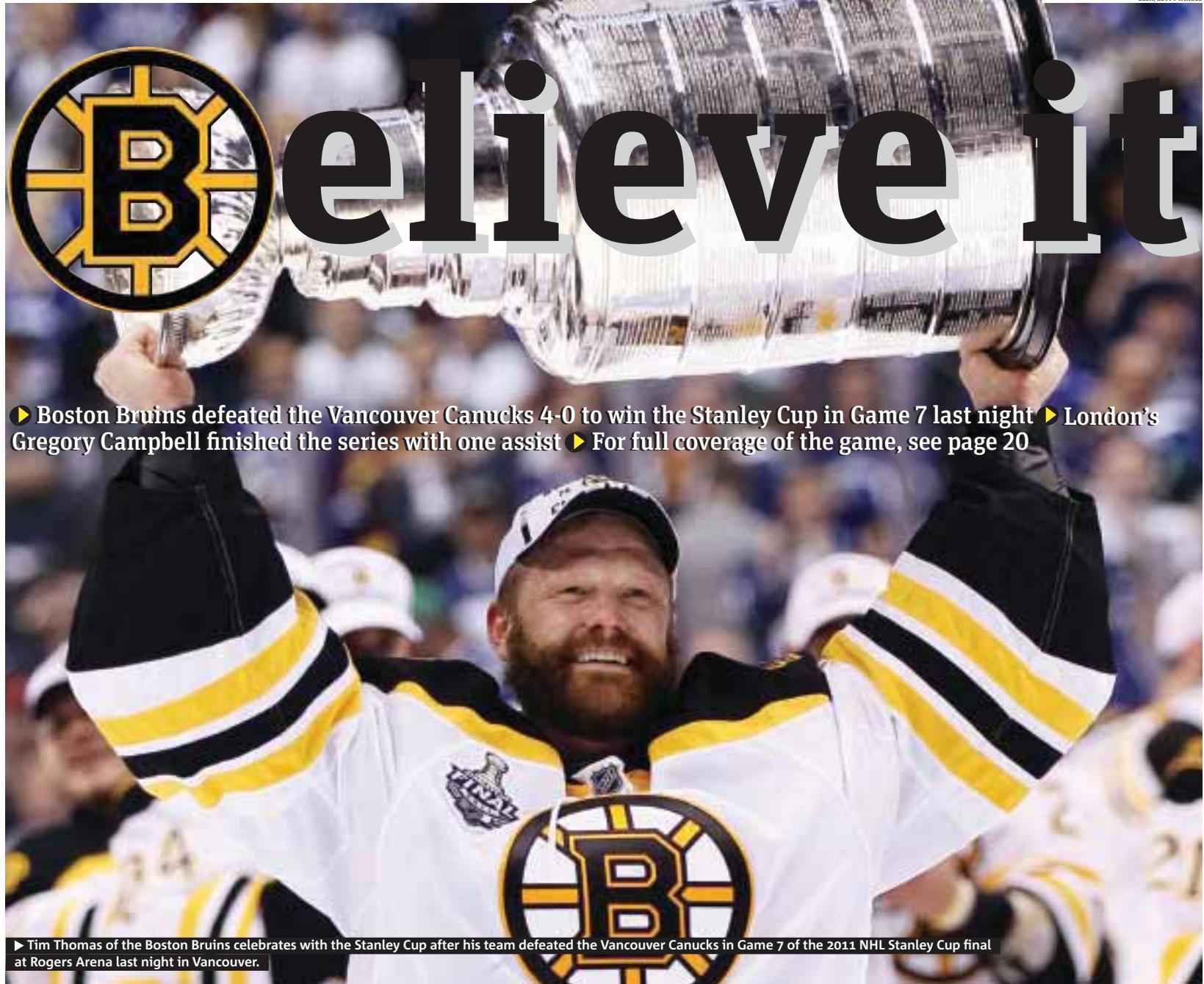
LONDON

**metro** <sup>®</sup>

Thursday, June 16, 2011  
[www.metronews.ca](http://www.metronews.ca)



News worth  
sharing.



► Boston Bruins defeated the Vancouver Canucks 4-0 to win the Stanley Cup in Game 7 last night ► London's Gregory Campbell finished the series with one assist ► For full coverage of the game, see page 20

► Tim Thomas of the Boston Bruins celebrates with the Stanley Cup after his team defeated the Vancouver Canucks in Game 7 of the 2011 NHL Stanley Cup final at Rogers Arena last night in Vancouver.



Health experts offer surprising perspective on the media's reporting of suspected cancer risks. Scan code for story.

1 Download the free ScanLife app with your smartphone at [2dscan.com](http://2dscan.com)

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to [m.metronews.ca](http://m.metronews.ca)

#### Correction

**The annual Backstage Bash at the Grand Theatre is set for June 24 at 11:30 a.m. on the Grand's main stage. Incorrect information appeared in yesterday's Metro. We regret any confusion the error may have caused.**

Follow us on Twitter @themetroldon

# 'Truly something for everyone' at Fringe

Up to 20,000 people expected at this year's theatre and art festival in London It's the sixth-largest fringe festival in Canada

► The warriors cheer for King Rathgar during the Beowulf rehearsals at Wolf Performance Hall yesterday. Andrew Jennings, 13, plays King Rathgar in the user-friendly play at the London Fringe Festival. The play features homeschooled students from London and area. It's their second year in the Fringe Festival. Dale Hirlehey is the director of the comedy. The show's opening performance is Saturday, June 18, at 5:30 p.m., at the Wolf Performance Hall.

MARINA BRKLIJACA/FOR METRO



KYLE  
REA

@METRONEWS.CA

The title suggests theatre and artwork not normally in the mainstream, but starting today they'll be front-and-centre in the Forest City.

Today marks the beginning of the 12th annual Fringe Festival in London. It's a celebration that brings dozens of theatre groups and artists together for theatrical and spoken word performances as well as visual, contemporary art and theatre for a 10-day extravaganza, wrapping

up June 26.

"What is wonderful about a fringe festival is there is truly something for everyone," said Kathy Navackas, executive producer. London's Fringe Festival stands out because it incorporates theatre, visual and contemporary art as well as spoken-word and film performances, she said.

"Most other fringe festivals don't have much beyond the theatre."

An example is Nuit Blanche, which will see a dozen venues open their doors starting at 9 p.m. Friday and showcasing local

#### So much to see

► Seven venues, featuring 47 productions and more than 320 performance times, are available during Fringe. Check out [festival.londonfringe.ca](http://festival.londonfringe.ca) for a schedule.

and contemporary artwork until the wee morning hours.

She said Fringe gives many artists a chance to perform works they wouldn't normally do — and since there are thousands of people on the hunt for something new

► Some standout performances include The Rocky Horror Show, Beyond Puppets Who Kill by puppeteer John Pattison, and a production of Stephen Sondheim's Assassins.

and interesting, it's a good time to expand your horizons. Money from the Fringe Festival goes back to the artists — Navackas estimates \$85,000 went to artists last year, while in 2011, they're hoping to push that total past \$100,000.

## Dig in to history of urban farming

The urban-farming movement is on display starting Saturday at Museum London as it launches Dig In: Urban Farming during War

and Peace. The exhibit showcases antique gardening tools, vintage food-canning instruments and a documentary video show-

ing Museum London's youth council canning fruit. Also on display will be government posters and films from the First and Second

World Wars encouraging people to grow victory gardens. For more information, visit [museumlondon.ca/exhibitions](http://museumlondon.ca/exhibitions).

## Developer to showcase business park Friday

Dancor Development, a GTA developer that invested \$61 million in the Forest City to develop one million square feet of land, is set to showcase its accomplishments on Friday, marking the official opening of three companies that have leased space in Dancor Business Park, part of city-owned Skyway Industrial Park, at 2351 Huron St. The London Economic Development Corporation said Dancor eyed London as a place to develop due to lower development charges, cheaper land and less red tape — developing land in Toronto costs up to \$1.2 million per acre while in London, that price tag is up to \$140,000. ● METRO

## Sam Katz garden party turns 10 today

The Cherryhill community is ready to party today as the 10th anniversary of the Sam Katz Memorial Garden Party kicks off at 10:30 a.m., at the gazebo at the end of Cherryhill Circle. Enjoy live music, hotdogs and drinks as part of the celebration.

## Afterlife for Jesus Christ Superstar?

Could there be an afterlife for the Stratford Shakespeare Festival's production of Jesus Christ Superstar?

Many theatre watchers are asking that very question after Andrew Lloyd Webber, who scored the music for the epic rock opera, dropped by the festival in southwestern Ontario last Saturday.

THE CANADIAN PRESS

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## News in brief



► Mayor Joe Fontana

**Mayor targets economic growth**

Mayor Joe Fontana released the mayor's economic prosperity council report and summary at London Health Sciences Centre yesterday.

The report highlights four areas as the city moves forward into the future: infrastructure, immigration, investments and innovation. "Potential growth and economic prosperity exists and it is within London's reach," said Fontana. ● METRO

**NDP says scrap ambulance fee**

An NDP government would scrap Ontario's fees for ambulance services so people won't have to choose between timely medical attention and their budgets, leader Andrea Horwath said yesterday.

"I don't think that families should have to think twice about dialling 911 during an emergency," said Horwath.

THE CANADIAN PRESS

**No way to measure noise, activists say**

Anti-wind-farm activists have uncovered documents they say show the government cannot tell if the giant turbines meet noise regulations.

A memo, obtained by Wind Concerns Ontario, says staff don't have approved means to measure noise. THE CANADIAN PRESS

# Cutting it close to the curb

**► Over last 14 years, Londoners donated 900,000 pounds of food for London Cares Curbside Food Drive**

**MARINA BRKLJACICA**  
LONDON@METRONEWS.CA

With less than two days to go before the London Cares Curbside Food Drive wraps up for another year, donations are down.

Jane Roy, co-director of the London Food Bank, said volume is off pace by 16 per cent.

"The total for this year so far is 31,240 pounds, said Roy. "The average over the last five years has been 37,352 pounds."

Jay Stanford, director of environmental programs for London, said some of that might have to do with people forgetting to put their food out.

"There's plenty of opportunity for people who forgot to put their donation by the blue box," said Stanford.



► Monica Stuart, 12, left, and Alyssa Beaudoin, 13, Grade 7 students from Mountsfield Public School, put hampers together at the London Food Bank yesterday.

MARINA BRKLJACICA/FOR METRO

**Put it in drive**

- Attach a ribbon or bow to the donation and place the food donation and place the food donation beside your blue box.
- If you miss your drop-off day you can go to one of 20 grocery stores or 49 Tim Hortons locations.
- Drive runs from June 10-18.
- Organizers hope to bring in 86,000 pounds of food through curbside food this year, which would put the city's 15-year total at more than one million pounds.

Roy. "Summer time is when companies go on vacation. There are less little food drives going on in the city during summer."

Stanford said every city has people that are less fortunate. In London, more than 3,000 families visit the London Food Bank every month.

The next save might be someone's life.

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Thank you Boston Pizza Foundation and franchisees, for helping save lives across Canada. As a founding sponsor of the Heart&Stroke Restart™ program, your commitment has given many Canadians a second chance at life. Your support has resulted in close to 100 life-saving automated external defibrillators (AEDs) being placed in public places, including arenas. There are as many as 45,000 cardiac arrests in Canada every year and defibrillation – when used with CPR – can improve survival rates by up to 75 per cent. For more information on AEDs, visit [heartandstroke.ca](http://heartandstroke.ca).

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# House slithering with snakes

- Infestation goes into walls
- Family gives up and flees home after 42 snakes caught in one day

The five-bedroom house sits on pastoral acreage in the rural Idaho countryside. At a price less than \$180,000, it seemed a steal.

But a bargain it wasn't. Ben and Amber Sessions soon realized the dream home they'd purchased for their growing family in 2009 was infested with garter snakes.

The ground was so thick with snakes surrounding the home it appeared to move at times. Thronghs of snakes crawled beneath the home's siding. At night, the young couple said they would lie awake and listen to slithering inside the walls.

"It was like living in one of those horror movies," said Ben Sessions, 31.

**"It was just so stressful. It felt like we were living in Satan's lair, that's the only way to really explain it."**

AMBER SESSIONS, HOMEOWNER

The family would frequently eat out because their well water carried the foul smelling musk that the snakes release as a warning to predators.

Each day, before his pregnant wife and two small boys got out of bed, Sessions said he would do a "morning sweep" through the house to make sure none of the snakes had made it inside.

That didn't always work. One day, he heard his wife



► The snake house, near Rexburg, Idaho, is believed to have been built on a snake den. It's now up for sale.  
Inset: Garter snakes caught by the Sessions family in 2009.

scream from the laundry room, where she had almost stepped on a snake. He rushed into the room to find that she'd jumped onto a counter.

"I was terrified she was going to miscarry," he said.

At the height of the infestation, Sessions said he killed 42 snakes in one day before he decided he



couldn't do it anymore. He had waged war against the snakes and "they won."

He and his wife had little recourse, though, when they decided to flee the home. They had signed a document that noted the snake infestation. They said they had been assured by their real estate agent that the snakes were just a story

invented by the previous owners to leave their mortgage behind. But the so-called Idaho snake house was no myth, according to the Sessionses, their neighbours, and the videos and photographs taken by them and past residents of the house.

The Sessionses filed for bankruptcy. The house

JESSIE BONNER/THE ASSOCIATED PRESS

was foreclosed and they left in December 2009, the day after their daughter was born and just three months after moving in.

Now owned by JP Morgan Chase, the home has stayed off the market for the past several months while Chase decides what to do with it.

THE ASSOCIATED PRESS

## EU steaming over Russia's vegetable ban

The European Union protested yesterday against Russia maintaining a broad ban on European-grown vegetables despite the identification of sprouts as the cause of a deadly E. coli outbreak.

German investigators last week said they had determined that vegetable sprouts from a farm in the north of the country were the source of the E. coli, and all indications are that the outbreak is tapering off.

The Robert Koch Institute, Germany's disease control centre, said only nine more people were reported sick yesterday compared with the day before, bringing the total number since the start of the outbreak in May to 3,244.

That figure includes 784 who have developed a serious complication that can lead to kidney failure.

Thirty-seven people have died in Germany, most recently a 90-year-old reported by Hamburg authorities, and one person died in Sweden.



► Two costumed men attend a cucumber and tomato eating contest in Germany this week.

More than 100 people have been sickened in 13 other European countries and in the U.S. and Canada, according to the World Health Organization.

Russia initially banned all vegetable imports from Germany and Spain, then extended the ban to all vegetables from the EU on June 2 over fears of the E. coli bacteria.

The ban — and that of other countries — coupled with consumers within the EU staying away from vegetables before the source

was known has meant that farmers have been losing millions of euros (dollars) each week.

THE ASSOCIATED PRESS

## \$291M

**The European Union yesterday approved a \$291 million US compensation package for fruit and veggie farmers, to help them through this devastating time.**

### News in brief

#### Tories aim to score points

**POLITICS.** The Progressive Conservatives are taking their election battle to what's expected to be one of the highest rated TV events this year.

The Tories launched an attack ad campaign aimed at Premier Dalton McGuinty that aired last night during Game 7 of the Stanley Cup finals.

The TV and radio ads portray McGuinty as the "taxman" — a politician who has raised taxes and will do so again if re-elected this fall.

The TV ad features an unflattering picture of McGuinty while an ominous voice warns viewers that the Liberal premier will hike taxes again.

The ad ends with more positive images of Conservative Leader Tim Hudak, promising to bring change to the province.

Conservative officials say the ads will run for two weeks across the province.

THE ASSOCIATED PRESS

#### Facebook hires Clinton insider

**NEW RECRUIT.** Facebook has hired Joe Lockhart, who served as press secretary during U.S. President Bill Clinton's second term, as vice-president of global communications.

The 51-year-old Lockhart will start on July 15 in his new post. Recently, the company hired two aides of former President George W. Bush as lobbyists.

THE ASSOCIATED PRESS

#### Rescue victory is bittersweet

**SUDBURY.** It was a bittersweet win for mine rescuers from Sudbury, Ont., where two miners died last week.

Vale West Mines took home gold at the recent Ontario Mine Rescue Competition in Marathon, Ont. The win was dedicated to Jason Chnier and Jordan Fram, who died in a mining accident at Stobie mine on June 8 — the day before the competition started.

THE CANADIAN PRESS

## Diplomat's alleged smuggling up in smoke

Romanian authorities say they have sent a subpoena to a Congolese embassy official in Serbia, questioning him about involvement in a cigarette smuggling ring.

Organized crime prosecutors said they had charged the embassy's second counsellor Marc Marius Itela Elombla in absentia yesterday, a day after his wife was caught with nearly 2,000 cigarette cartons. Her Serbian driver and two other Serb citizens were also arrested and charged. The four can appeal. They risk prison sentences of up to 10 years for smuggling.

THE ASSOCIATED PRESS

## 1800

**Congolese embassy official's wife was caught with 1,800 cartons of cigarettes from Montenegro in her car. A court in western Romania ordered Esther Pascaline held 29 days pending trial.**

# Will and Kate to mix glam, goodwill in Cali

► California trip follows visit to Canada, the Royal couple's first overseas engagement since their wedding

Prince William and his wife, Kate Middleton, plan to combine red-carpet glamour with serious charity work during a trip to California next month, palace officials said yesterday.

The three-day visit to the Los Angeles area will be Middleton's first visit to the United States.

Private secretary Jamie Lowther-Pinkerton said the duke and duchess will attend a black-tie dinner at L.A.'s renovated Belasco Theater to introduce young British film talent to Hollywood executives on July 9.

Earlier that day, William will play at a charity polo match in Santa Barbara, with Middleton scheduled to award the trophy to the



► Catherine, the Duchess of Cambridge

winning team.

The royal couple also plans to meet inner-city youths involved in an arts program and to meet military families in Los Angeles to learn more about how veterans are reintegrated

into society. They will pack care packages bound for service personnel in Afghanistan.

The trip to California will follow a June 30-July 8 visit to Canada, where the couple's itinerary includes Canada Day in Ottawa, visiting the Northwest Territories and opening the Calgary Stampede.

Officials said Middleton, whose fashion choices have been widely praised since she took up her official duties, would not bring a special "dresser" on the trip but would rely on an administrative assistant.

A hairdresser will be part of the entourage, officials said.

THE ASSOCIATED PRESS

## Lion. Dance



► Performers wearing lion-dance outfits perform yesterday outside the Defence Security Command building in Seoul during the groundbreaking ceremony for a branch of South Korea's National Museum of Contemporary Art. The country is turning the defence building, once allegedly used as a torture centre, into the museum.

LEE JIN-MAN/THE ASSOCIATED PRESS

## Seoul tries mending past with art

### IOC denies Libya tickets for 2012 Games

LAUSANNE, SWITZERLAND. No tickets will be given to Libya's Olympic committee for the 2012 London Games until it is

"absolutely certain" they end up in the right hands, the International Olympic Committee said yesterday.

Britain's Daily Telegraph reported yesterday that Libyan leader Moammar Gadhafi's son, who heads the country's

national Olympic committee, had received hundreds of passes to the Games from London's organizing committee.

"To be absolutely clear, no tickets have been printed or paid for," the IOC said in a statement.

THE ASSOCIATED PRESS



► Fans line up outside the Metro Vancouver office.

## VAN FANS DARED TO DREAM



JEFF HODSON  
@METRONEWS.CA

So it has come to this.

After nine months and more than 100 games of regular-season and playoff hockey, the league's best team was determined last night over 60 minutes.

It feels like the day when the Canucks will end 40 years of misery and heartbreak. I am, however, writing this ahead of puck drop.

In Vancouver, the sun is shining and people are out on the sidewalks in Canucks shirts and jerseys.

## HOME ICE ADVANTAGE

And, because the province ordered downtown liquor stores closed before the game starts, lineups were stretching out into the street.

By 1 p.m. yesterday, 100 people lined up on the sidewalk below our office, just for a place to watch the game.

There's a real Olympic-like excitement in the streets.

I hope it has the same happy ending.

JEFF HODSON IS MANAGING EDITOR OF METRO VANCOUVER

## Afghan army returns Canadian rifles

The Afghan National Army has given back thousands of C-7 assault rifles Canada donated in a \$9-million effort to bring the fledgling fighting force up to speed.

NATO, with its new training establishment, has quietly decided that the entire Afghan force should be equipped with American M-16s, of which the C-7 is a variant. It was the Afghans who, early in the war, asked for NATO weapons. THE CANADIAN PRESS

# 2,500

The 2,500 modified, surplus C-7 rifles, mostly vintage 1980s weapons, were handed over to the Afghan army by Canada with much fanfare between 2007 and 2008.

## OLG Slots at Western Fair Raceway - Your Mini Holiday!



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# Recession stalls battle vs. poverty

- Almost one in 10 Canadians are poor, says StatsCan
- Agency has not determined an official poverty line

The recession stopped progress on poverty in its tracks and took a bite out of incomes in Ontario, British Columbia and Alberta, new numbers from Statistics Canada show.

The agency says the low-income rate edged up in 2009 to 9.6 per cent — the second straight year poverty increased after more than a decade of steady declines.

"It's not very encouraging," said Rob Rainer, executive director of Canada Without Poverty.

He points out that most provincial governments now have anti-poverty strategies that are well-entrenched. He had been

**3.2M** About 3.2 million people now live on low incomes, including 634,000 children, StatsCan said.

hoping to see some positive results despite the recession.

Instead, the percentage of people living below the low-income cutoff has climbed slowly, from 9.2 per cent in 2007, to 9.4 per cent in 2008 — the first year of the recession — and now to 9.6 per cent.

"Our overall income and wealth redistribution system is not up to the task," Rainer commented.

And children were vulnerable during the recession, with their low-income rate rising to 9.5 per cent in 2009 from 9.0 per cent a year earlier.

But the picture of the recession is one of stagnation rather than complete catastrophe. The median after-tax income for Canadian families was \$63,800 in 2009 — about the same as a year earlier.

Recessions have deepened poverty in Canada for years, and exacerbated the gap between rich and poor. Many analysts feared the pattern was repeating itself. So far, that doesn't seem to be the case. **THE CANADIAN PRESS**



▶ A Greek riot police officer kicks a protester yesterday who was trying to calm other protesters during clashes in Athens' main Syntagma square.

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

## Greek protesters clash with police

Hundreds of protesters clashed with riot police in Athens yesterday as a major anti-austerity rally degenerated into violence outside parliament, where the government was to seek support for new cutbacks to avoid a disastrous default.

## Workers' passports held captive

A Hawaii farm supervisor pleaded guilty yesterday to confiscating passports from about 600 Thai labourers to prevent them from fleeing work sites. **THE ASSOCIATED PRESS**

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# Yemen attacks on rise

► U.S. fears growing connection between al-Qaida-linked militants and Somalian insurgents ► White House increases CIA officers in Yemen

## Links to al-Qaida

- Yemen is the southern corner of the Arabian Peninsula near the Gulf's vast oil fields and strategic shipping lanes in the Arabian and Red seas.
- The nation is home to one of the most active al-Qaida branches, which has been linked to several nearly successful attacks on U.S. targets including the plot to bomb a Detroit-bound airliner in 2009.
- U.S.-born Muslim cleric Anwar al-Awlaki, who lives in Yemen, is on a U.S. kill-or-capture list. He is accused of inspiring U.S. attacks including the 2009 shooting at a Texas military base.

Al-Qaida-linked militants temporarily seized parts of a provincial capital in southern Yemen yesterday, the latest in a series of brazen attacks by extremists taking advantage of the turmoil in the nation.

Up to 200 militants launched a surprise dawn attack on Houta, killing one soldier and wounding three before taking control of several neighbourhoods, according to security officials.

The fighters are expanding their reach after wounded President Ali Abdullah Saleh left Yemen for Saudi Arabia and cast the country into deeper chaos.

Saleh, 70, left Yemen for treatment of wounds he suffered in a rocket attack on his compound in Yemen's capital, Sanaa.

The nation's leader of nearly 33 years, Saleh has held onto power in the face of massive protests

demanding his ouster since February. Some of his top aides, military commanders, cabinet ministers and diplomats have defected to the protesters' side. This month, troops loyal to him fought rival tribesmen in Sanaa's streets with artillery.

The turmoil has created a vacuum in Yemen, the Arab world's poorest nation, threatening to cause the country to unravel.

THE ASSOCIATED PRESS

## HUMAN RIGHTS ON U.S. AGENDA

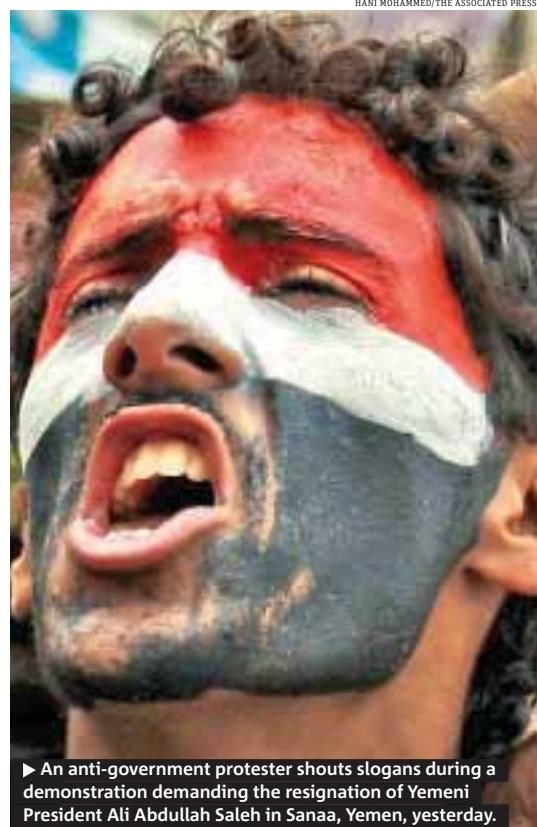
The United States has named China, Iran, Libya, North Korea and 10 other nations that it wants the UN to hold accountable for alleged human rights violations.

The U.S. ambassador to the UN Human Rights Council said yesterday "too many governments repress dissent with impunity."

The U.S. list of alleged

human rights offenders also includes Bahrain, Belarus, Cuba, Myanmar, Sri Lanka, Sudan, Syria, Venezuela, Yemen and Zimbabwe.

THE ASSOCIATED PRESS



► An anti-government protester shouts slogans during a demonstration demanding the resignation of Yemeni President Ali Abdullah Saleh in Sanaa, Yemen, yesterday.



## SOMETIMES CANADIANS ARE JUST TOO POLITE FOR THEIR OWN GOOD

It's not rude to ask someone to leave if they intrude on your home. And door-to-door water heater sales is just that, an intrusion. Don't feel obliged to be polite... just say "**go away**" after all, your water heater is fine. Here's what you need to know.

### Know who's at your door

Direct Energy does not go door-to-door to upgrade or exchange water heaters. We do not authorize any Utility, Government Agency or any other company to do so on our behalf. **When in doubt call us first!**

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# Postal strike down for the count

► Labour minister serves notice that she will order posties back to work ► Bill could be debated Monday

Ottawa is preparing back-to-work legislation for Canada Post, setting the stage for a resumption of mail service as early as next week.

Labour Minister Lisa Raitt told the House yesterday that she was tabling notice of intention to introduce the legislation, meaning the bill could be up for a vote next week.

"The strike is now affecting the Canadian economy and it has an effect on third-party Canadians who

are not part of this dispute but are the ones who are suffering," she said.

But the government says it still hopes the striking parties will reach a deal before legislation is needed.

The Canadian Union of Postal Workers has also said it doesn't want to be ordered back to work, and blamed Canada Post for forcing the government's hand Tuesday night by locking out workers and suspending urban service.

THE CANADIAN PRESS

## 48 hours

- Under the rules of the House of Commons, the government must give 48 hours' notice before it can introduce new legislation. Since Parliament will not sit tomorrow, the bill is expected to be debated next week.
- Canada Post says the rotating strikes, which began June 3, have cost it about \$100 million.



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# No talks as Ottawa moves to end airline strike

Despite the threat of back-to-work legislation, Air Canada and the union representing 3,800 striking employees appeared no closer yesterday to resolving their contract dispute.

There was some dialogue between the two sides, but no formal talks are scheduled, union spokesman Darryl Bink said.

Travellers faced minor delays as striking workers staged protests at airports in Vancouver and Montreal. However, no major disruptions have been reported since customer-service

agents and other staff walked off the job Tuesday.

Ottawa has warned it could table a back-to-work bill today, saying the economy is too fragile to withstand a prolonged strike.

Ken Lewenza, president of the Canadian Auto Workers, said he would like to negotiate a settlement with Air Canada before the government forces employees back to work.

"There's one thing about legislation. It doesn't improve the workplace conditions or the morale," he said. "Our members will



not be happy with being legislated back to work. They'll be happy with a bargained settlement."

But the issue of employee pensions remains a major stumbling block.

Air Canada spokesman Peter Fitzpatrick said the company also wants to avoid back-to-work legislation. He said there has been "ongoing dialogue" between the parties at a Toronto hotel since the walkout began, focusing on possible resolutions to the pension issue.

THE CANADIAN PRESS

## Strike force

- Striking Air Canada staff received support yesterday from about 200 members of the International Association of Machinists and Aerospace Workers, who stopped working for about 20 minutes at Pearson International Airport to show solidarity.
- Some striking Air Canada workers, joined by locked-out postal workers, picketed Labour Minister Lisa Raitt's constituency office in Milton.

# A WEIGHT OFF HIS SHOULDERS

## HE SAYS ...

JOHN MAZEROLLE  
METRO



How you feel about your weight depends on which way your waistline is headed. To an impartial observer it's static. But when you look in the mirror, you're judging it against its past — you're either losing weight and on your way to supernatural hunkdom, like the werewolves on *Twilight*, or you're gaining weight and transforming into a disgusting amorphous creature from *Star Trek*, like William Shatner.

I had been bound for late-era Captain Kirk but, having lost 15 pounds, am now headed to Werewolf Central. Rowr.

Like most dieters, I needed some symbolism to get me going. I'm betting more people begin losing weight at round numbers like 200 or 250, then at, say, 242. Something about a big, round number makes you feel big and round.

For me, it was 190. That won't get me on *The Biggest Loser*, but it's all relative.

For some men, it takes sinking a paddleboat at a theme park before they decide to get in shape. For some teenage girls, they see the shape of a recently eaten Triscuit poking through their ribs and christen themselves Shamu, Whale of the Schoolyard.

In my case, I noticed one morning that my belt had become redundant. I could have painted a belt on my jeans and saved the trouble of putting it on.

As for waistline direction, I had watched myself grow by 70 pounds in 12 years, which means I would have weighed 400 pounds at age 76. I don't have enough friends to carry that casket.

So I decided to try that new diet of eating less and exercising more. And given my small amount of success, I now have the hubris and vanity required to tell you how to avoid becoming a blimp. Oh, the hu-vanity!

Here's how to be a loser like me:

- Skip breakfast: It thinks it's the most important meal of the day and, frankly, I'm sick of its attitude.
- Avoid yo-yo diets: Though they provide a satisfying crunch, the string gets caught in your teeth. And it can come back on you, if you catch my drift.
- Choose empty calories, which are presumably lighter than full ones.
- Pick your poison: Two health studies were released this week. One showed that a low-carb diet will save you from cancer, the other that a high-carb diet will save you from Alzheimer's. The choice is yours!

That's what it takes, readers. Heed the advice of me, the future werewolf, or be doomed to eternal tubbiness.

And remember, I haven't gotten a fat head. It's just big-boned.

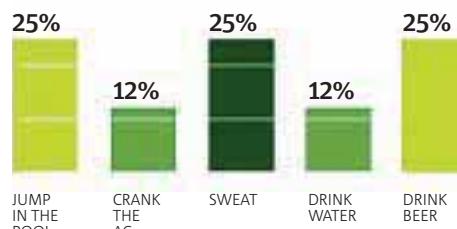
Read more of John Mazerolle's columns at [metronews.ca/hesays](http://metronews.ca/hesays)



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What are you doing to beat the heat?



## Local tweets



- @Flyfiddlesticks: so, if any of you know of any person selling off a java/yezdi or a vespa/chetak scooter, please ask them to contact me. pls 2 rt
- @Rachfee: Best spam email ever: these guys in the UK can offer me a 100 MILLION dollar loan!
- @MissMitchna: A big congrats to all of the recent Western grads!! @westernu
- @chadder87: <http://j.mp/mK5ukz> If you haven't seen this yet ... I

suggest you give it a read. Priority one. Take a look!

► @S-Sills: I unlocked the Flagon of Chuckles achievement on Duke Nukem Forever! <http://rapttr.com/penusills>

► @sweetstellas: Out for a walk with my pg bff along #RRow today! Lunch in the park for the Monster

► @chriscraigman: i'm so rich it's not even funny! i just found 25 cents on the floor of my car and i'm getting sooo excited and happy!!!

► @BillFordCanada: What's your name? "It's Butter-Hands McGee!"

## Worth mentioning

**TORONTO.** A new report on tablet usage in Canada suggests consumers have eagerly adopted the expensive devices and sales may double in the next year.

A survey conducted by the Media Technology Monitor, a product of CBC/Radio-Canada and BBM Analytics, suggests about five per cent of the population already has a tablet. The group estimates sales will push tablet ownership to 10 per cent in 2012.

It was just a little more than a year ago that the Apple iPad first hit the market in Canada, introducing mobile tablet computers to consumers.

Now, awareness of tablets is "virtually universal," the report suggests, with more than nine in 10 Canadians having heard of the iPad or another tablet.

Consumers who bought into the early tablet hype are mostly very happy with their purchases, the survey results suggest.

About 88 per cent said they would either definitely or probably recommend a tablet to friends and family based on their experiences.

**THE CANADIAN PRESS**

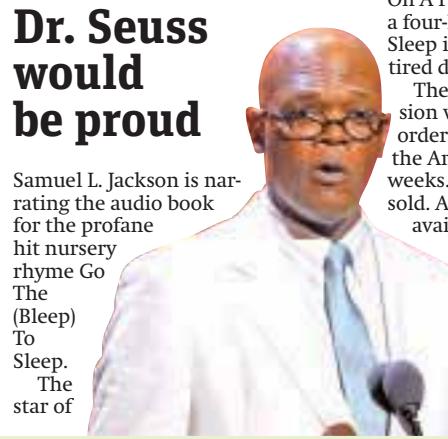
## Cartoon by Michael de Adder



## WEIRD NEWS

### Dr. Seuss would be proud

Samuel L. Jackson is narrating the audio book for the profane hit nursery rhyme *Go The (Bleep) To Sleep.* The star of



such films as *Pulp Fiction* and *Snakes On A Plane* is known for his way with a four-letter word. *Go The (Bleep) To Sleep* is this summer's surprise hit by tired dad Adam Mansbach.

The hardcover book and audio version went on sale Tuesday. Pre-orders have kept the book high on the Amazon.com bestseller list for weeks. Film rights have already been sold. A free download of the book is available through audible.com.

Jackson, 62, was a presenter at Sunday's Tony Awards. He is set to make his Broadway debut this fall as the Rev. Martin Luther King Jr. in *The Mountaintop.*

**THE ASSOCIATED PRESS**



# BEST, DAD, EVER.

The Metro Life Panel asked: What are your Top 10 Memorable Moments With Dad? **Here's what you had to say...**

<b>1</b> Telling me bedtime stories	<b>6</b> Teaching me to drive a car
<b>2</b> First heart-to-heart conversation	<b>7</b> Dancing with Dad
<b>3</b> Walking me down the aisle	<b>8</b> First little league game
<b>4</b> Taking me to my first day of school	<b>9</b> Teaching me to ride a bike
<b>5</b> Baiting my first fishing hook	<b>10</b> Helping me move

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Source: Metro Life Panel survey; Based on 164 respondents



# The pressure of opening up for your inspiration

► **Shaun Boothe** will get to live out a dream on Saturday night when he opens up for Snoop Dogg ► Show promoter chose him because of his inspiring biographies of people like Obama

## BACKSTAGE PASS

AMANDA GRANT  
METRO LONDON



"I don't really get nervous now until about 20 minutes before the show," says Shaun Boothe, the Toronto based hip hop artist opening for Snoop Dogg Saturday night in London. "But Snoop is a legend to me; his album is one of the first I ever picked up."

On the phone from his Toronto home, Boothe sounds excited. This weekend he will make his way back to London, where he once attended Sir Frederick Banting Secondary School.

"Yes, I was a Bronco," Boothe says.

This particular opportunity came through an old friend who contacted Boothe about the Snoop Dogg show.

"He was hoping to showcase local talent to promote the London hip hop community," Boothe says. "If he could get a great line-up to show the local talent in this venue where 3,000 people are going to show up for



► **Shaun Boothe** will open for Snoop Dogg Saturday night.

Snoop Dogg anyway, then that helps the scene."

Known for his unofficial biography series and songs that speak to issues of human rights, Boothe was the perfect choice for Saturday's show, his positive spin advocating for the power of hip hop as a tool to educate and engage

young people.

His biographies, which tell the story of such movers and shakers as President Obama, Oprah Winfrey and James Brown in a four minutes song, have been picked up by many schools, teachers printing the lyrics and using them as a tool in the

classroom.

"I am taking the initiative now to creative curriculum around the bios," Boothe says. "I am working to develop something that can be a legitimate educational tool that can teach and inspire."

But it's not all work and no play for the up and com-

## HANDOUT Other events

► **Girl power.** This weekend also marks the start of LadyFest London, a three day festival promoting women's rights, creativity and community. Ladyfest launches on Friday at the East Village Arts Co-op with an ironically feminist bake sale and will continue with workshops in silk screening and storytelling. The festivities will continue late into the night Saturday and during the day Sunday with music performances and DJ sets at APK Live and Grooves Records. Proceeds from the festival will support Hope's Garden Eating Disorders Support and Resource Centre and Rock Camp for Girls.

er.

"I'm really about hip hop in 3D," Boothe says. "As rappers we're often put in this box where we're only projecting one dimension of who we are. I want to be able to talk about child soldiers and going to the clubs. It's about showing all dimensions of who Shaun Boothe is — flying high and reporting on real life."



## Turkey visit



Turkey says Angelina Jolie can visit Syrian refugees who have fled violence and are camped out on the Turkish side of the border. At least 8,000 Syrians have fled to Turkey to escape a crackdown on an anti-government uprising.

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Oscars shakes up best picture nominee rules, will now allow between 5 and 10 films

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# It's a baby boy for Natalie Portman

► Academy Award winner says she'll be out of public eye for a while

Natalie Portman has given birth to a baby boy, according to People magazine. The Oscar-winning ac-

tress and the baby's father, dancer and choreographer Ben Millepied, met on the set of Black Swan and are engaged to

be married. Portman has already confirmed she'll be avoiding the Hollywood spotlight for the time-being. "I'll be

out of the public eye after [the baby's born]," Portman told People magazine.

● METRO



► Natalie Portman

## Arrests over threats to singer Joss Stone

Joss Stone is likely sleeping more soundly now that police in England have arrested two men who were reportedly planning to rob and murder the soul singer, according to OK! Magazine.

A spokesperson for the Devon and Cornwall Police says officers responded to a call about a "a suspicious-looking vehicle" and arrested the two men, who were carrying swords, rope and a body bag. ● METRO



► Joss Stone

## Richards: There were some good times



► Denise Richards

Denise Richards has penned a memoir about her marriage to Charlie Sheen, but "it's not a tell-all," she insists to Radar Online.

"I get into the good stuff about my marriage, because people have only read the rotten stuff. So, you know, there was a beautiful love story between he and I and then it went the way it went."

Of course, the beautiful love story didn't have the happiest of endings, which Richards says she'll also address.

"I think a lot of women can relate to that, going through a divorce and custody and being a single parent, trying to work and all that stuff."

The book is due out July 27.

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### Celebrity tweets



"You don't change, you just become more like yourself..."  
@jeremypiven



"I wanted to name my son Kourafax or Clemente."  
@Alyssa\_Milano



"Traveling with an infant is the most complicated carry-on baggage ever created! Is there a phd for all the gear?"  
@TheRealAlli

## Justin likes to mellow out

Justin Timberlake has revealed one of his preferred relaxation techniques: smoking marijuana. "The only thing pot does for me is it gets me to stop thinking," Timberlake tells Playboy. "Sometimes I have a brain that needs to be turned off. Some people are just better high." And after working his way from a teen sensation to a successful grown-up musician and now a film star, the chronic overachiever admits he needs a little help to stop and smell the roses. "I feel I'm just get-

ting to a point in my life where I'm looking around, going, there's a lot to enjoy if I can just sit still, actually stop and take more time," he says.

● METRO



## Lopez may not return to Idol

Despite a successful season as a judge on American Idol, Jennifer Lopez isn't sure if she'll be back next year.

"I don't know. I haven't been forced to make a decision and I'm glad about that because honestly I'm very on the fence about it," she tells BBC Radio.

"I had an amazing time doing it and I love it but I have a lot of other things happening, and it's going to come down to me making a choice of what I want to do for the next year."

● METRO

3

life

## Trend of the week

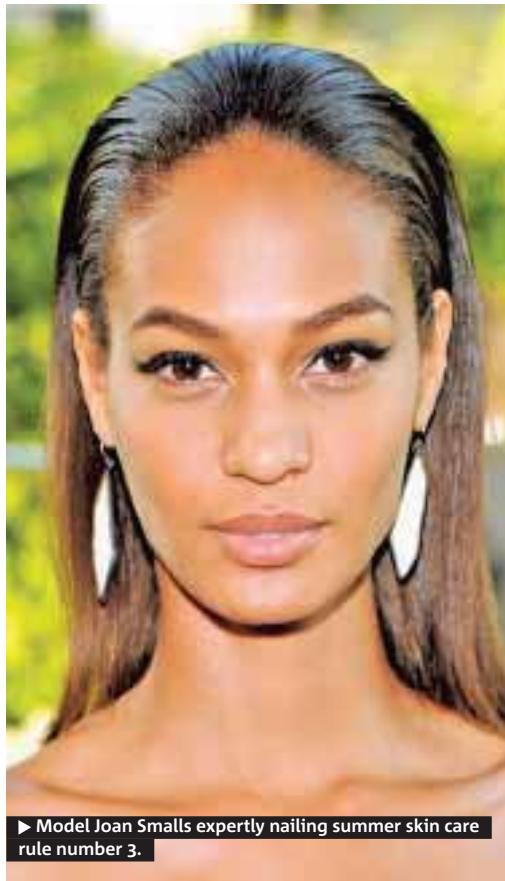
## FANCY HATS

Kate Middleton kept the fancy headpieces coming during a string of royal gatherings last week.



Canadian designer Nada Shepherd suspends operations of NADA label.

# A summer of soft, sultry skin



► Model Joan Smalls expertly nailing summer skin care rule number 3.

## SURVIVE THE SUMMER

### CLINIQUE Dramatically Different Moisturizing Gel

► This lightweight oil-free formula gives long-lasting hydration that balances the T-zone—important for warding off the mid-day oil slick. Most importantly, it doesn't clog pores. \$25; clinique.com



### LA PRAIRIE Ultra Eye Lip Nose Protection Stick SPF 40

► Whip this travel-friendly tube out throughout the day for the season's requisite sunblock touch-ups. \$65; laprairie.com



### ESTÉE LAUDER Idealist Even Skintone Illuminator

► This serum impressively yields results faster than most. Use it to combat those persistent sun spots. \$85; esteelauder.com



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- Mary Kay Liquid Lip Color in Royal Plum. \$18, marykay.ca
- Smashbox O-Gloss Noir



Intuitive Lip Gloss takes its colour cue from you. \$26, smashboxcanada.com

- Fresh Sugar Plum Tinted Lip Treatment SPF 15. \$25, sephora.com

#### Brighten Up!

Crest and Oral-B have teamed up to introduce a whitening system that can brighten teeth in just

one day. The 3D White collection includes whitening strips, toothpaste, a rinse and a vibrating toothbrush. Items sold separately. 3dwhite.com.

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# Super cool runnings

With so many running shoes on the market, picking the right pair can be a game of Roulette. Get to grips with the science behind the soles

 **RICHARD PECKETT**  
WWW.METRO.LU  
METRO WORLD NEWS IN LONDON

Modern running shoes are now packed with enough research, stats and techy know-how to cater to your foot's every curve and contour. Here are some of the slickest shoes on the market.

#### Nike LunarGlide +3

\$100, [nikestore.com](http://nikestore.com)  
(available July 1)

LunarGlide sounds pretty damn space-agey and the technology behind the shoe is pretty out there too. Its Dynamic Support system, marries super-soft Lunaron core foam and firmer carrier foam to give you the feel of running on air.

#### Asics GT2160

\$100, [asics.com](http://asics.com)

This is the perfect option for over-pronators (when the foot rolls inward to an excessive degree), thanks to the built-in guidance lines – think of them as pathfinders for your feet.

#### adiSTAR Salvation

\$140, [adidas.com](http://adidas.com)

Are you one for burning some serious rubber? If so, try out the Continental rubber tread on the Adidas Salvation. Yes, they're the makers of heavy-duty, car tyres, so they should know a thing or two about stopping a wet weather foot roll.



## Shoe savvy

To find out what was behind all the footwear techno babble, I visited the team over at ASICS to have my feet put through their paces.

First up: the foot scan to discover the ins and outs of your tootsies like foot length, arch height and heel angle. Yes, that means exposing your bare feet but no one's judging – my feet are the type you'd see on a 'before treatment' poster at the chiropodist. Following the scan, you'll be slipped into the first test shoe and put to work for 30 seconds on the treadmill for a gait analysis. From here, the expert analyses your level of pronation (the foot's natural roll).



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**ASICS**  
Kayano socks  
\$15, [asics.com](http://asics.com)

# One shoe, two shoe, brown shoe?

Lock away those squeaky, black wingtips. Brown shoes are the fad

A trendier, more casual brown shoe might be becoming the standard in men's footwear, as men – even those wearing suits – look to replace their black wingtips.

The shift is being fuelled by changes in fashion, the economy and lifestyle, says Paul

Grangaard, CEO of Allen Edmonds. Men, most of whom are not serial shoppers, put a high priority on function, he says, so if a shoe



can be worn with both grey flannel trousers and jeans, that's the

one they want. (And, yes, it is OK to wear brown with grey and even with black, say the experts.)

Shoe designer Alejandro Ingelmo says he wears the same brown lace-up brogues with their perforated decoration almost every day,

switching up into sneakers for running and a dress-casual boot for winter and weekends. He's experimenting with lighter sand shades for men, and he'd also like to see a shift from the very square toe to a rounder shape.

It took years, though, for the collective eye to transition from black to brown, so any other changes might take some time to catch on.

"With a lot of men, probably most men, when they hear about a trend

change, they get nervous," says David Lawrence, director of merchandise for the national retailer Men's Wearhouse.

"They need to see something an awful lot before they feel that they want to wear it. Most men don't want to feel like they are on the cutting edge."

Brown has probably been in their closets for years, it just wasn't the go-to colour, but it's not jarring, Lawrence says. It is an earth tone, after all.

THE ASSOCIATED PRESS

# Choosing a couch colour

► Be on trend but play it neutral when choosing a sofa ► Consider your lifestyle and the room it lives in

## DESIGN CENTRE



KARL LOHNES  
HOME@  
METRONEWS.CA

Q:  
Hi Karl,  
I have an  
open

concept living room and dining room space. My floors are dark brown and the walls are a medium grey tone. I wanted to know what colours I should consider when buying the living room couch and chairs. Any recommendations?

-Michael, Etobicoke, Ont.

### Invest in quality

A: The first thing to choose is the largest piece of furniture, which is the sofa.

It's also the largest investment so make sure you shop around and choose the best quality that you can afford.

Your sofa should last you at least five to 10 years so the style, fabric and quality should be the best you can afford.

**Size matters**  
Consider the right sized sofa for the room.

with deep seats and soft, comfortable cushions.

If you are using your living room for cocktail entertaining, then a firmer seat cushion and well supported back will be important.

### Don't be afraid to mix it up

Usually, in an open concept space you want to use a variety of furniture heights; if all the chairs and sofa are the same height it will add a boring look to the living area.

I suggest a lower back sofa and two taller-backed chairs in the living area.

### Think lifestyle

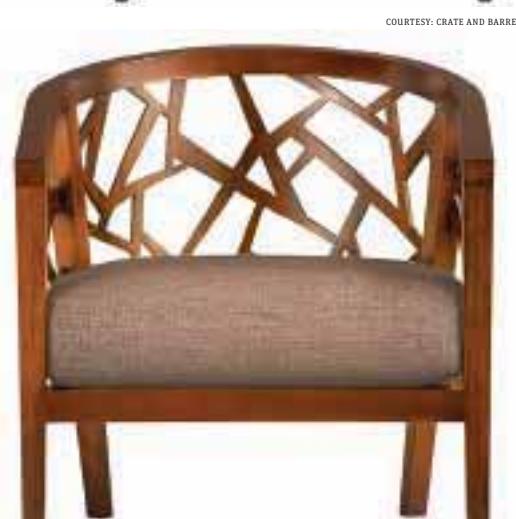
Choose a style of sofa that suits your lifestyle and the space you are putting it in. Will you be watching television on this sofa? If so, you will want a sofa

that you can afford.

Here's the rule of thumb: the sofa's length should be 2/3 of the room's width.

For instance, if the room is 10-feet wide, then a sofa 65 to 75 inches long will fit most comfortably.

Chairs that blend with the sofa's style (square-ish



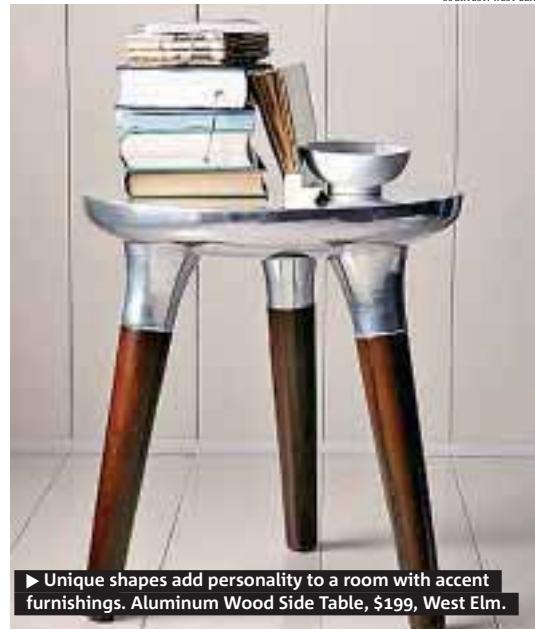
► An open-backed wooden chair will allow a smaller space feel visually more open. Ankara Chair, \$799, Crate and Barrel.

arm styles, deep seating, quality and construction) but do not match will work best.

This will help give the room an eclectic look instead of a matchy set that you pulled from a department store window.

**Furniture advice**  
I suggest keeping the styles of furniture modern/retro as it is a look in contemporary furnishings that will be around for a while.

It also gives you the opportunity to add some au-



► Unique shapes add personality to a room with accent furnishings. Aluminum Wood Side Table, \$199, West Elm.

thentic mid century modern cabinets or tables to the room (easily and inexpensively found on Craigslist and Kijiji which are free buy/sell websites).

### Karl's tips

► **Styles** Keep overall styles clean lined and modern.

► **Tones** Match fabric and wood tones to what is already in the room; browns and greys which are both great neutrals.

► **Accessories** Add colours to the room through art, area rugs and pillows.

► **Complement** Dark purple tones would be on trend and complement the deep brown and grey colours.

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# A cheesy take on steak strips



► Combining tomatoes and crumbled blue cheese offers a new take on steak.

NEWS CANADA

► A tomato and blue cheese vinaigrette gives this meat dish a unique flavour ► Recipe is speedy to make

## Preparation:

- 1 Prepare the grill for direct cooking over high heat (450° to 550°F).
- 2 Lightly brush the steaks on both sides with oil and season evenly with salt and pepper. Allow the steaks to stand at room temperature for 15 to 30 minutes before grilling.
- 3 In a medium bowl whisk the shallot, vinegar, mustard,  $\frac{1}{2}$  teaspoon salt, and  $\frac{1}{4}$  teaspoon pepper. Slowly whisk in 2 tablespoons of oil, forming a smooth vinaigrette. Add the tomatoes and basil. Mix well.
- 4 Brush the cooking grates clean. Grill the

steaks over direct high heat, with the lid closed as much as possible, until cooked to your desired doneness, 6 to 8 minutes for medium rare, turning once or twice (if flare-ups occur, move the steaks temporarily over indirect heat). Remove from the grill and let

rest for 3 to 5 minutes. Add the cheese to the vinaigrette. Mix gently. Serve the steaks warm with the vinaigrette spooned over the top.

NEWS CANADA/  
WEBER-STEPHEN PRODUCTS  
LLC. RECIPE FROM WEBER'S  
TIME TO GRILL BY JAMIE PUR-  
VIANCE

## Ingredients:

### Steaks

- 4 New York strip steaks, each 10 to 12 ounces and about 1 inch thick, trimmed of excess fat
- Extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper

### Vinaigrette

- 1 tablespoon minced shallot
- 2 teaspoons red wine vinegar
- 1 teaspoon Dijon mustard
- 2 cups (about 20) cherry tomatoes, each cut into quarters
- $\frac{1}{4}$  cup finely chopped fresh basil leaves
- 2 ounces crumbled Gorgonzola cheese ( $\frac{1}{2}$  cup)

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4  
sports

## Quoted



**“From the first time you put on skates, this is what you dream of. I can’t believe it, it still hasn’t set in.”**

BRUINS GOALIE

**TIM THOMAS AFTER THE BRUINS WON THE STANLEY CUP LAST NIGHT. ALONG WITH BRIAN LEETCH, THOMAS IS NOW THE SECOND AMERICAN-BORN PLAYER TO WIN THE CONN SMYTHE TROPHY FOR PLAYOFF MVP.**



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# Black and gold hoist silver

## ► Bruins stop Canucks from winning first Stanley Cup

Patrice Bergeron scored two goals, one of them short-handed, while goaltender Tim Thomas made 37 stops for the shutout as the Boston Bruins defeated the Vancouver Canucks 4-0 to win the Stanley Cup in a tension-filled Game 7 last night.

Rookie Brad Marchand scored twice, once into an empty net, and had an assist as the Bruins won their sixth Stanley Cup and the first since 1972. Defenceman Dennis Seidenberg had two assists.

Bergeron's short-handed goal in the second period was the dagger in the Canucks' heart. It made the score 3-0 and subdued a sold-out crowd of 18,860 at Rogers Arena.

Sent in on a breakaway, Bergeron was hauled down by Vancouver defenceman Christian Ehrhoff. They collided with Canucks goaltender Roberto Luongo and the puck slid into the net.

Luongo raised his arms in frustration but the referee quickly signalled a goal. The call was backed up by a



video review. Vancouver outshot Boston 37-21.

At the final whistle Bruins players streamed off the bench to mob Thomas, while the Canucks watched with their heads hung.

Thomas, the stocky goaltender who plays like a linebacker, had another strong game, scrambling and diving to make saves. It was his fourth shutout of the playoffs and second against Vancouver.

He got help from a Bruins team that forced the Canucks to take long shots and quickly cleared the

puck from in front of the net. That left Vancouver with few chances at rebounds.

It was a disappointing end to the best season in Canucks history. Vancouver had the best record in the NHL and advanced to the Stanley Cup final for the first time in 17 years.

The Bruins forced Game 6 by beating the Canucks 5-2 Monday night in Boston.

A loud, towel-waving crowd began chanting "we want the cup" even before the national anthems. Across the city thousands watched the game outdoors on big screens.

Bergeron's short-handed goal came with 2:25 left in the second. It was the fifth short-handed goal the Canucks gave up in the playoffs — and third against Boston — after allowing only two in the regular season.

The Canucks were trying to win the first Stanley Cup in franchise history. They also lost in the 1982 and 1994 final.

THE CANADIAN PRESS

## CONN SMYTHE TROPHY

## Brilliant Thomas earns playoff MVP

Tim Thomas is bringing the Stanley Cup back to his blue-collar hometown of Flint, Mich. And he'll have the Conn Smythe Trophy in tow, too.

The 37-year-old was named playoff MVP after allowing just eight goals over his final eight games, seven of which came in the pressure-packed Stanley Cup final against the Vancouver Canucks. Thomas capped that run with another masterful performance, making 37 saves last night for his fourth shutout of the playoffs as the Bruins were crowned champions after winning Game 7 on the road 4-0 at Rogers Arena.

"This team just had so

much character," Thomas told CBC after the game. "Every time we got our backs up against the wall and had to win we did. Every time. To win it on the road in Game 7 is no easy task, and they came through. That's a testament to the character on that team."

Thomas travelled a long road to the NHL that took him through Birmingham, Helsinki, Hamilton and a number of other places — making him arguably the least likely man to capture the Conn Smythe. He made just four NHL appearances before his 30th birthday and they were sandwiched between separate stints in Finland.

"He's had so many obstacles in front of him that he's overcome, it makes him a battler, it makes him the perfect goaltender for our organization," said Bruins coach Claude Julien.

THE CANADIAN PRESS

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# Raonic no longer in spotlight

► **Media frenzy diminished by modest record in April and May**

The weight of expectation on Milos Raonic has diminished after his sensational start to the 2011 tennis season, and that may be good news for the hard-serving 20-year-old.

A fourth-round showing at the Australian Open in January, followed by an ATP title in San Jose, Calif., and a thrilling loss to Andy Roddick in the Memphis final propelled Raonic to instant fame in Canada. His world ranking jumped to No. 37 from 152 over a four-week period, and within another two and a half months, he was sitting at No. 25.

But a modest 7-6 record at European clay-court events in April and May has seen the media frenzy calm to a point where his quarter-final performance last week at the pre-Wimbledon grass-court event in Germany went largely unnoticed.

Playing in his first professional grass-court event in Halle, Germany, Raonic won two rounds convincingly before falling 6-3, 6-7(6), 6-3 to Philipp Petzschner.

The crafty German led eventual champion Rafael Nadal two sets to one at Wimbledon last summer before losing 6-4, 4-6, 6-7(5), 6-2, 6-3. Petzschner then combined with Jur-

**"He has a great chance to reach the quarters or even the semis with his style."**

DANIEL NESTOR, TENNIS PRO

gen Melzer of Austria to win the doubles at Wimbledon.

"I'm very happy I'm playing so well on something, grass, that's a completely new experience for me, especially at this level," Raonic said last week. "It gives me a lot of confidence."

Doubles also figured in Raonic's preparation for next week's Wimbledon as he and Robin Haase of the Netherlands reached the Halle final, giving the Canadian four more matches of precious grass-court experience.

Following his first-round loss to unheralded German veteran Michael Berrer at the French Open, Raonic appeared jaded and spoke about being a rookie and still having a lot to learn about working out a tournament schedule that would keep him fresh and fit.

With his early exit at Roland Garros, and just the Halle tournament on grass, Raonic enters Wimbledon well rested.

THE CANADIAN PRESS

## BASEBALL

### Mauer set to return to Twins

Joe Mauer's return to the Minnesota lineup has been set for tomorrow.

Mauer finished his minor league rehabilitation assignment by facing teammate Joe Nathan in a live batting-practice session in Florida yesterday. He hasn't played for the Twins since April 12, plagued by weakness and soreness in his legs and throwing shoulder.

Manager Ron Gardenhire said before yesterday's game against the Chicago White Sox in Minnesota that Mauer will travel today and start at catcher tomorrow.

against the San Diego Padres.

"It was a lot longer than I had hoped," Mauer said after his workout. "But I got my work in, and I worked with a lot of great people down here. It was nice, but obviously I want to be up there in Minnesota and be up there playing. I feel like I'm ready to get out of here."

Mauer has played in only nine games this year because of his injuries, hitting just .235 with four RBIs in the first season of a \$184-million US, eight-year contract extension. He had arthroscopic knee surgery in December and said last month that his body wasn't ready when the season started.

Nathan said Mauer looked sharp.

"I threw him some pretty good breaking balls," Nathan said. "It's really just impressive to see the pitches he can take when he's down 1-2 in the count. I threw him a couple of sliders. He put a good swing on them. It's nice to see him find his swing again and start to feel good again."

Nathan pitched to Mauer and Twins prospect Miguel Sano at the team's spring training headquarters. Nathan has been on the disabled list since May 23 with soreness in his right forearm, a condition related to his recovery from Tommy John surgery last year. He struggled at the beginning of the season with a 7.63 earned-run average in 17 appearances.

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## Serena gets break in seeding

Defending champion Serena Williams was bumped up to No. 7 in the Wimbledon seedings — 19 places above her world ranking — yesterday, a position that will allow her to avoid playing the highest-ranked players until at least the quarter-finals.

Williams won her 13th Grand Slam title last year at the All England Club, but then stepped on broken glass, eventually leading to blood clots on her lungs, and was out of action for nearly a year. She returned to competitive tennis Tuesday at Eastbourne, coming back from a set down to beat Tsvetana Pironkova 1-6, 6-3, 6-4.

She was originally seeded No. 8, but the withdrawal of second-seeded Kim Clijsters moved the rest of the field up one spot.

"Listen, I don't ask for much. I would have been happy with 25, because I'm going to be in there fighting for every point and for everything," Williams said. "It doesn't matter where I'm seeded. I'm just going to give it 200 per cent like everyone else in the draw."

Wimbledon starts Monday. The draw is scheduled for tomorrow.

On the men's side, defending champion Rafael Nadal was seeded No. 1, followed by Novak Djokovic at No. 2, Roger Federer at No. 3 and Andy Murray at No. 4 — in line with their rankings.

Federer and Nadal have combined for the past eight titles at the All England Club.

For Federer, it's the first time he has been outside the top two seedings at Wimbledon since 2003, the year he won the first of five straight titles at the grass-court Grand Slam.

Since Serena's injury, she has dropped to No. 26 in the WTA rankings. If Wimbledon organizers had seeded her according to her ranking, the four-time Wimbledon champion could have come up against a top player in the third round.

Her sister Venus, a five-time Wimbledon champion, was seeded No. 24.

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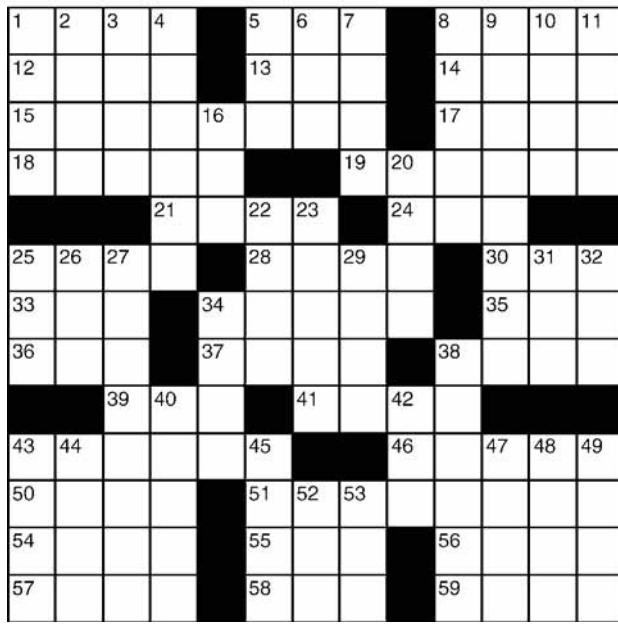
## Across

1 Con game  
5 Not-so-tall tale  
8 Front projection  
12 Needing a cane  
13 Earlier than  
14 Hold sway  
15 Intl. cartel  
16 Actress Gardner  
17 Elevator name  
18 Railyard sight  
20 Result  
22 Every last bit  
23 15-Across' product  
24 Gullets  
27 And so on  
32 — Beta Kappa  
33 Vast expanse  
34 Blue  
35 Unrelenting pest  
38 Snakes  
39 Storm center  
40 Keyboard abbr.  
42 Take out of context?  
45 Small yellow fruit used in preserves

49 Vicinity  
50 "Hail!"  
52 Loosen  
53 Optimistic  
54 Family member  
55 Particular  
56 Being, to Brutus  
57 "Of course"  
58 "Piggies"

## Down

1 Messy guy  
2 Mafia bigwig  
3 MasterCard alternative, briefly  
4 Gathering places



5 Intrepid  
6 Mr. Robbins who partnered with Burt  
7 Baskin  
8 Suitor  
9 Toaster's word  
10 Cruel  
11 Medley  
12 Into the sunset  
13 Mr. Pacino  
14 "Ulalume" writer  
15 "Caught ya!"  
16 Brit's radio  
17 Ball-bearing gizmo  
29 Negligent  
30 Knock  
31 Billboards  
32 Sailor's assent  
33 Collection  
34 Find not guilty  
35 Therefore  
36 Challenge  
37 Love deity  
38 — others ..."  
39 "Zip- — Doo-Dah"  
40 — River, NJ  
41 Struggle (for)  
42 —  
43 —  
44 —  
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## Today's horoscope



For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

**Aries** March 21-April 20 Today, you will find it easy to open up and let those you care for know what they mean to you.

**Taurus** April 21-May 21 Mercury's move into the communications area of your chart makes it easy to find the right words.

**Gemini** May 22-June 21 Have fun today, but keep an eye on your financial situation.

**Cancer** June 22-July 22 Remind everyone that you don't mind them asking favours but you do mind them giving orders.

**Leo** July 23-Aug. 23 If you don't feel like being sociable today, you don't have to make an effort.

**Virgo** Aug. 24-Sept. 22 If something you would have preferred to stay secret becomes public knowledge today, don't deny it.

**Libra** Sept. 23-Oct. 23 Think big, act big and expect a big breakthrough over the next 24 hours.

**Scorpio** Oct. 24-Nov. 22 If you are asked to go on a trip of some kind (one you fear may bore you), don't turn it down. It could change your life.

**Sagittarius** Nov. 23-Dec. 21 Your ability to notice patterns where others see only individual events, will be useful today.

**Capricorn** Dec. 22-Jan. 20 You need to be more assertive, especially if you have let friends make decisions for you.

**Aquarius** Jan. 21-Feb. 18 No matter how well things are going, you can't keep this pace.

**Pisces** Feb. 19-March 20. Is thinking you must make amends for something you did a long time wise? **SALLY BROMPTON**

## Sudoku



## ► Monday's answer



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ►



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pumpkin noodle happy anniversary! this year has been amazing. i look forward to many more. i love you very much. **YOUR ANDREA**

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Mr. Big, you make the butterflies in my stomach go wild. I can't believe that it has already been two beautiful weeks... I can't wait to wake up next to you every morning so we can make breakfast together. I love you so much! **SWEET BUNS**



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